

2500 KCAL AVERAGE WEEKLY CALORIE CYCLING

2 HIGH | 3 MODERATE | 2 LOW / REST DAYS

WEEKLY CALORIE STRUCTURE

HIGH x2

2750

Sat + Tue

MODERATE x3

2500

Sun + Mon + Wed

LOW / REST x2

2250

Thu + Fri



WEEKLY TARGET: 17,500 KCAL | MEAL PLAN: APPROX. 17,500 KCAL

AVERAGE TARGET: 2,500 KCAL/DAY | MUSCLE GAIN FORMULA: APPROX. 50% C / 30% P / 20% F



PROFESSIONAL DIPLOMA IN SPORTS NUTRITION



ISSA SPECIALIST IN SPORTS NUTRITION

PROGRAM PREPARED BY

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INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

2746

KCAL

PROTEIN

207 g

30%

CARBOHYDRATES

343 g

50%

FATS

61 g

20%

RAW WEIGHT RULE Meat, fish and potatoes: raw weight. Rice and oats: dry weight. Eggs: count and size.

1 BREAKFAST 07:30 AM 803 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	70 g	265	9.2	47.4	4.6
Whole-wheat bread	80 g	203	9.8	34.5	2.8
Low-fat milk	220 ml	92	7.4	11.0	2.1
MEAL TOTAL		803	48.8	95.1	24.6
2 MORNING SNACK 10:30 AM 290 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Greek yogurt, plain, nonfat	90 g	55	9.3	3.3	0.3
Chickpeas - cooked & drained	70 g	115	6.2	19.2	1.8
MEAL TOTAL		290	39.5	25.5	4.1
3 LUNCH 01:30 PM 888 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	180 g	202	40.5	0.0	3.5
White rice - dry	140 g	517	9.9	112.4	1.4
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	10 g	88	0.0	0.0	10.0
MEAL TOTAL		888	54.4	128.4	15.5
4 POST-WORKOUT AFTER EXERCISE 373 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Lentil soup - prepared	190 g	106	7.0	16.7	1.5
Sweet potato - raw	170 g	146	2.7	34.2	0.1
MEAL TOTAL		373	33.7	53.9	3.6
5 DINNER 09:00 PM 393 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean white fish fillet - raw	120 g	108	24.0	0.0	1.8
Potato - raw	140 g	108	2.9	24.5	0.1
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	11 g	97	0.0	0.0	11.0
MEAL TOTAL		393	30.9	40.5	13.5

COACH'S NOTE
Whey calculation per scoop: 120 kcal and 24 g protein. The actual product label takes priority.

Moderate Day - Sunday, Monday & Wednesday

CALORIES

2495

KCAL

PROTEIN

189 g

30%

CARBOHYDRATES

313 g

50%

FATS

55 g

20%

RAW WEIGHT RULE Meat, fish and potatoes: raw weight. Rice and oats: dry weight. Eggs: count and size.

1 BREAKFAST 07:30 AM 595 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	1 large white	19	3.6	0.8	0.0
Whole-wheat bread	80 g	203	9.8	34.5	2.8
Cheese	50 g	86	12.2	1.0	3.5
Low-fat milk	150 ml	63	5.1	7.5	1.5
MEAL TOTAL		595	49.4	45.2	22.8
2 MORNING SNACK 10:30 AM 548 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Greek yogurt, plain, nonfat	80 g	49	8.2	2.9	0.3
Oats - dry	100 g	379	13.2	67.7	6.5
MEAL TOTAL		548	45.4	73.6	8.8
3 LUNCH 01:30 PM 520 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean beef 5% fat - raw	100 g	137	21.4	0.0	5.0
White rice - dry	70 g	259	4.9	56.2	0.7
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		520	30.3	72.2	11.3
4 POST-WORKOUT AFTER EXERCISE 308 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Lentil soup - prepared	160 g	90	5.9	14.1	1.3
Chickpeas - cooked & drained	60 g	98	5.3	16.5	1.6
MEAL TOTAL		308	35.2	33.5	4.8
5 DINNER 09:00 PM 525 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Turkey breast - raw	80 g	91	18.9	0.0	1.2
Sweet potato - raw	360 g	310	5.7	72.4	0.2
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		525	28.6	88.4	7.0

COACH'S NOTE Whey calculation per scoop: 120 kcal and 24 g protein. The actual product label takes priority.

LOW / REST DAY - THURSDAY & FRIDAY

CALORIES
2249

KCAL

PROTEIN
169 g

30%

CARBOHYDRATES
282 g

50%

FATS
50 g

20%

REST-DAY RULE

Use this menu on both weekly low/rest days - tuna is one serving per day (2 servings/week).

1 BREAKFAST 07:30 AM

684 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	100 g	379	13.2	67.7	6.5
Low-fat milk	150 ml	63	5.1	7.5	1.5
MEAL TOTAL		684	40.6	77.5	23.0

2 MORNING SNACK 10:30 AM

527 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Cheese	60 g	104	14.6	1.1	4.2
Whole-wheat bread	100 g	254	12.3	43.1	3.5
Greek yogurt, plain, nonfat	80 g	49	8.2	2.9	0.3
MEAL TOTAL		527	59.1	50.2	10.0

3 LUNCH 01:30 PM

502 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	50 g	45	9.5	0.0	0.5
White rice - dry	90 g	333	6.3	72.3	0.9
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		502	19.8	88.3	7.0

4 AFTERNOON SNACK 04:30 PM

225 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Chickpeas - cooked & drained	30 g	49	2.7	8.2	0.8
Lentil soup - prepared	100 g	56	3.7	8.8	0.8
MEAL TOTAL		225	30.4	20.0	3.6

5 DINNER 09:00 PM

311 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	50 g	56	11.3	0.0	1.0
Potato - raw	170 g	131	3.5	29.7	0.2
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		311	18.7	45.7	6.7

COACH'S NOTE

Whey calculation per scoop: 120 kcal and 24 g protein. The actual product label takes priority. Tuna weight is drained weight.